

Wholy Living Suggested 6 Month Supply List ~ SPRING 2019 Please make any substitutions that suit your tastes!

¹ Organic ALL GRAINS ARE NON-GMO ² Certified Chemical Free *store 6 to 18 months only	Weight (lbs)	Price (\$)	Qty	Total Cost
Prairie Gold ² — hard white spring wheat berries high protein, Excellent gluten content for fluffy bread	5 / 50	8 / 40	4 bags	160
Bronze Chief ² — hard red spring wheat, more robust flavor, best for sprouting	5 / 50	8 / 36		
Kamut ¹ - Egyptian ancient grain, wheat substitute, soft bread	5 / 25 / 50	12 / 40 / 72	2 - 50#	144
Spelt ² — most easily digested, good bread, complete protein, Alkaline grain	5 / 50	10 / 68	2 - 50#	136
Soft White Pastry Berries ¹ — ORG perfect for pie crusts, cookies, muffins, angel food cakes	25 / 50	24 / 47		
7 Grain Mix ² — unique blend of hard wheat, oats, soft white, rye, triticale, barley and spelt	25	33	1	33
7 Grain Mix Rolled w/ Flax Seeds ² - great for granola & hot cereal	8 / 50	20 / 66		
Natural White Unbleached Flour ² THE BEST available!	25 / 50	25 / 46		
Regular Rolled Oats OR Quick Rolled Oats (circle preference)	25 / 50	27 / 48		
Certified Organic Rolled Oats ¹ Or GLUTEN FREE Rolled Oats,	50	75		
Corn - Whole for corn bread ¹ — Organic - non GMO GF	5 / 25	10 / 28		
Oat Groats ¹ — roll your own oats in the Roller Flaker	5 / 25 / 50	10 / 38 / 75	1 - 50	75
Whole Rye ¹	5 / 25	11 / 28		
Hulled Barley from Delta Junction — great milled or in soups Hulled Barley ¹ — Oregon Grown, ORGANIC	5 / 25	7.50 / 21 / 10 / 31	2 - 5#	20
Sorghum Grain ¹ - GF baking, add 1 T arrowt / cup sorghum flour	NEW 5 / 25	11 / 29		
Buckwheat groats ¹ - gluten free, good sprouts & pancakes	5 / 25	16 / 64		
White Quinoa (Keenwa) ¹ - Mill for flour, cook like rice GF Tri-colored Quinoa ¹ -just looks & tastes so much better than white!	5 / 25	18 / 72 / 19	1 each 5#	37
Millet ¹ — serve like rice, excellent for restoring alkaline balance to the body, alias 'bird seed' GF	5 / 25	9 / 33		
Brown Rice ^{11*} Lundberg Family grown in CA - long grain Cooks in Sizzle in 15 minutes ORGANIC GF	5 / 25	16 / 66	1 - 25#	66
Brown Rice ^{1*} Lundberg Family grown in CA - long grain Cooks in Sizzle in 15 minutes. ECO FARMED Limited Chemicals	5 / 25	10 / 45		
Yellow Popcorn ¹ — Organic, Delicious, FEW 'Old Maids' Multicolored Popcorn ¹ — Organic, Better tasting than plain Yellow	5 / 25	14 / 47 / 14 / 50	2 - 5#	28
Einkorn ¹ — soft, flavorful wheat alternative for sensitive bellies Ancient grain, use = parts with Spelt for soft bread Amaranth ¹ — organic GF	5 / 25 / 5	20 / 90 / 13	1 - 5#	20
COOKING with ANCIENT GRAINS by Laura McBride 460 pages of cooking & baking grain, even soaking information		29 BOOK NEW	1	29

SEEDS ~ NUTS ~ SWEETENERS ~ OILS	Weight (lbs)	Price (\$)	Qty	Total Cost
Chia Seeds - Black Organic	1 / 5	8 / 24		
Golden Flax Seeds ² — lowers cholesterol, omega oils	5 / 25	7 / 30	1	7
Pumpkin Seeds ¹ - Medium size, protein rich, eliminates parasites! Chop & use in bread, trail mix Organic	5	20	2	40
Sesame Seeds — natural , make your own tahini, ORG	5	17	2	34
Sunflower Seeds - raw, unsalted, shelled, Organic USA	5 / 25	18 / 77	1 - 25	77
Almond - excellent quality ~ Raw ~ non pariel Slivered, great for baking, cold cereals, trail mixes	5	Raw 35 / Sliver 38	2	70
Cashews — raw pieces, roast for 15 minutes at 225	5	38		
Hazelnuts - whole, super food, Raw, absolutely delicious! Peanuts - Dry roasted - delicious - make your own pb	5	46 / 14		
Pecans — medium pieces OR halves (circle your choice)	2.5 / 5	35 / 60	1	35
Walnut Pieces — halves & pieces, soaking & dehydrate Brazil Nuts NEW SIZE	5 / 2.5	28 / 27	1	28
Peanut Butter, Creamy or Crunchy better than Adams, Salted (circle your choice)	35	95	1	95
Peanut Butter, CREAMUNCHY just peanuts, no stir no salt	Gallon	42		
Agave Syrup ¹ - Organic Dark Amber sweeter than Honey - low glycemic, good choice for diabetics	1 gal	53	2	53
Honey ¹ - Raw Organic , Clover	1 gal	58		
Honey, Mountain Wildflower — delicious, full of enzymes, minimally processed	1 gal / 40#	61 / 130	2	122
Maple syrup ¹ — Grade A, dark, organic, delicious	1 gal	77		
Molasses — Old Fashioned Sweet Table	1 gal	27	1	27
Molasses - Blackstrap	1 gal	25		
Evaporated Cane Juice Sugar ¹ - use 1/3 less, better than Refined. Mix w/ molasses for fabulous brown sugar	5 / 25 / 50	9 / 43 / 76	1	76
Xylitol - alternative sugar made of birch syrup	5	30		
Coconut Oil - organic, no odor or flavor	1 or 5 gal	38 / 135		
Coconut Oil - Extra Virgin, organic - smells & tastes like coconut - I use it for deodorant & face cream	1 or 5 gal	59 / 199	1	59
Shortening ¹ - Organic Palm Fruit, 18 month shelf life	4.5 / 33	20 / 84	1	20
OLIVE OIL Extra Virgin, Organic - Excellent quality	Gallon	38		
SUNFLOWER OIL ¹ expeller pressed, non GMO	Gallon	30	3	90
TOTAL PAGE 1				1581

BAKING ESSENTIALS & DRIED FRUIT PRODUCTS				
	Weight	Price	Qty	Total
Arrowroot Powder-use like cornstarch & in deodorant	1 / 5	7 / 15	1	7
Baking Powder Rumford — no aluminum, fast acting!	5 lb	20	1	23
Baking Soda - no aluminum NEW	1 / 5 lb	3.50 / 10	1	
Chips ~ Milk Chocolate - addicting!	5 / 25	29 / 135	1	29
Chips ~ Dark Chocolate - organic Allergy Minimal Dark Chocolate - organic NEW	5	33 35	1	33
Chips ~ Vanilla ECJ Sugar sweetened	5	24		
Chips ~ Peanut Butter , ECJ Sugar sweetened	5	29		
Cocoa Powder—10-12% Dutch cocoa, not bitter, use 1/3 less	5 / org	21 / 35	1	21
Dough Enhancer — extends shelf life, soft bread	1	7.50		
Sunflower Lecithin ~ substitute for DE, to avoid soy—works!	16 oz	7.50	2	15
SAF Yeast—makes 80 loaves of bread	1	5	4	20
Vegalene Pan Spray — Aerosol, lasts & lasts!!!	14 oz	8.50	2	17
Vital Wheat Gluten	1# / 5 lb	5 / 17	1	17
Pure Vanilla Powder & NEW ~ LIQUID — use same t for tsp	8 oz Liquid 1.5# Powder	24 / 25	1 pdr	25
Pure Almond Extract Liquid or Powder? Love at 1st SNIFF!	8 oz Liquid 1.5# Powder	12 / 20		
Real Maple Extract—add 1/4 tsp to 12 oz of agave for fabulous maple syrup Love at 1st SNIFF!	8 oz 1.5# Powder	12 / 20	1 pdr	20
Nutritional Yeast - adds incredible nutrients to baked goods	1 / 5	13 / 46		
Apples Rings, Soft & chewy ~ great snack or rehydrate	5	42		
Apricots - diced, sulfured, in rice flour	5	17		
Cherries - Dried Bing , very yummy from CA.	5	57		
Coconut - chipped, larger pieces, organic , unsweetened	5 / 25	24 / 84	1	24
Coconut—shredded like Almond Joy texture, organic, un sw	5	22		
Cranberries - sweetened w/apple juice	5	30	1	30
Dates - pieces rolled in oat flour	5 / 30	11 / 73		
FIGS - white soft & chewy, good snack & male food NEW	1 / 5	12 / 55	1	12
Raisins - golden, sulfured Thompson seedless raisins	5	20 20	1	20

SOUP FIXINS' ~ SEASONINGS ~ DAIRY				
DRY BEANS ~ 5# & 25# SIZE ~ PREMIUM USA GROWN ~ best we can order	Weight In pounds	Price	Quantity	Total Cost
Black Beans - Organic	5 / 25	12 / 52	1	12
Red Kidney - Organic	5 / 25	15 / 69	1	15
Pinto ~ Organic	5 / 25	13 / 52	1	15
Garbanzo - Organic	5 / 25	15 / 57	1	15
Green Split Peas - Organic	5 / 25	10 / 42		
Great Northern - Organic	5 / 25	15 / 51	1	15
13 Bean Fiesta Mix—prepare with broth & veg stew blend in BRK in 30 minutes	5 / 25	13 / 49		
Green Lentils—Organic	5 / 25	13 / 50		
Beef Broth Mix— All below good for soup or hot drink Chicken Broth Mix - Vegetable Broth Mix Circle your choices	1	7.50	1 each	22.5
Dehydrated Veggies-carrots, celery, tomatoes, peppers Add to soups, rice. Run in coffee mill & use powder in dips, bread and crackers! So good!	1	11	1	11
Dehydrated Potato Shreds OR Slices in Pail - rehydrates quickly, Use as hash browns, add to soup ~ delicious!	7	45		
Celtic Sea Salt ¹ —80 trace minerals, pure, fine ground	1 / 5	6 / 49		
Celtic Sea Salt Crystals - coarse crystals. Will dissolve in liquids	5	24		
PINK Himalayan Salt - raw, pure, high mineral & iron content 1# is fine ~ 5 & 50#ers more like small crystals	2.5 / 5 / 22	7 / 13 / 52		
SEASONINGS! Montreal Steak, Pizza, Italian, Cinnamon Ranch Dressing Mix, Circle your choice (s)	1	9	2	18
Seasonings:, ORGANIC : Garlic OR Onion Granules	1	13	1 @	26
Buttermilk Powder—use for light, fluffy baking	5	16	15	
Morning Moos Milk Flavored Protein Powder - Delicious, Easy to Digest	#10 Can Makes 4 gal 35# Pail makes 35 gal	18 can 160 pail	2	320
Morning Moos Chocolate Flavored Protein Powder-delicious hot or cold	#10 Can Makes 5 gal	20 can		

TOTAL CONSUMABLES PAGES 2 & 3	782.50
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Sizzle Pressure Pots by BRK
Lifetime Guarantee– 10 Year Free Replacement Parts
~ Pots are Stainless Steel for all cooking surfaces except in oven
~Save Time and Energy –cook in half the time, easy cleanup
~Take pot to the cabin/camping, no power needed!
~One Handed Locking Lid –open your lid at anytime during cooking
~Frozen chicken breast in 10 min. then shred in Bosch w/wire whips
~Perfect Gift for Mothers Day, Graduation, Wedding, etc

	Price	Quantity	Total
4 Liter Pot with Pressure Lid Green Black Orange (choose one)	129		
6 Liter Pot with Pressure Lid Green Black Orange (choose one)	139		
8 Liter Pot with Pressure Lid Green Black Orange (choose one)	149		
10 Liter Pot with Pressure Lid Green Black Orange (choose one)	159		
Meat Trivet - I use it for everything except soup & cooking grains	12.50		
Perforated Basket ~ I use it all the time food to keep from scorching	40		
Non-perforated Basket ~ cook custards etc in Sizzle	40		

Sweet Tooth Healthier Treats

Dark Chocolate Coconut Chews— Like a mounds but Better!! Organic 'Reeses' milk chocolate mini chips in stock again!	1 / 5	10 / 45 10 / 49	
Milk Chocolate Rainbow Drops— uses vegetable or fruit dyes, like M&Ms Yogurt covered Raisins - back by popular demand!	1 / 5	8 / 37.50 7 / 33	
Palmer Trail Mix : Slivered Almonds, Dark Chocolate chips, pumpkin seeds, sunflower seeds, Grab and Go, leave in glove box for a snack.	1 / 5	8 / 35	

Gluten Free & Coconut Items

	Size	Price	Quantity / Total
Coconut Sugar - RAW, ORGANIC, Extremely low glycemic index, nutrient rich	5 / 25	21 / 84	/
Coconut Aminos - RAW, ORGANIC Great soy sauce substitute	16.9 oz / gallon	11 / 57	1 / 11
Coconut Milk Powder - mix with water for smoothies, shakes, ice cream Hot chocolate	1 / 3	11 / 30	/
Almond Meal / Flour - super quality	5	32	/
Coconut Flour - back by popular demand , ORGANIC GF	5 / 25	15 / 66	
GF All Purpose Flour - garb bean, potato & tapioca starch, sorghum, fava bean flour	25 NEW	63	
Tapioca Flour - use in GF mixes BOTH NEW Potato Starch	5 / 25 22 oz / 25	14 / 54 5 / 63	
Sorghum Grain ~ add to GF mixes w/ 1 T arrowroot or egg white / C flour	5 / 25 NEW	10 / 40	
Gelatin, Beef ~ (unflavored) use in yogurt & make your own JELLO!	1	11	11

STORAGE CONTAINERS & KITCHEN TOOLS

Item	Price	Quantity	Total
6 gal. round white pail with lid or purchase the gamma lid 4 gal. square white pail with lid	9 Rd 7 Square		
5.3 gal rectangular pail with hinged lid ~ looks like square pail—holds 35#	8.50 NEW		
1 Gallon Pail & Lid - White - Handy when dividing out large bags etc 2 Gallon Pail with Gamma - White ~ Great 'PANTRY' size pail	5 10 NEW		
Gamma Lids — screw on lid for 6 gal. pail ~ Various Colors	9		
1 / 2 Gallon 'Squatty' Wide Mouth Jars with lids - Set of 6	25		
Mason 1 / 2 Gallon Storage / Canning Jars - Case of 6 with lids & rings	19		
Gallon Storage Jars Case of 4 with lids ~ Perfect for soaking & storing	25		
CHICAGO METALLIC COMMERCIAL PANS with Sure Glaze Finish	Integrated	Into the	Pan!
Bread Pan - Regular 8" Loaf Pan ~ 1# Loaf	15		
Bread Pans - Long 12" Loaf Pan ~ 1.5 # Loaf	18		
Cookie Sheets OR Mini Loaf Pan 5 5/8"	18 / 9		
Man - Size Muffin Pan - 6 place - Mini Quiche, Pizza, Cakes!	30		
Bread Bags / 100	8.50	2	17

MY THOUGHTS CONCERNING THE 6 MONTH SUPPLY LIST...

Grains & real whole foods fill & sustain our bellies. This list is designed to make:

- **1 batch of bread/week using Prairie Gold, Spelt & KAMUT**
- **Using the roller/flaker, process Oat Groats & 7 Grain Mix for hot cereal, granola, cookies & granola bars.**
- **Spelt, Oat Groats & Barley mixed together equally for 'All Purpose' Flour for baked goods like cookies, cakes, pies, muffins etc.**
- **Enough Morning Moos Powder for 2 gallons / week**
- **Fun foods like nuts, baking chips, seeds & dried fruit for cereals, granola bars, trail mixes, & baking. HINT: Margaret's trail mix is equal parts of dark chocolate chips, coconut chips, pumpkin seeds, sunflower seeds & nuts.**
- **When I make a large batch of hot cereal with oat groats & 7 grain whole, (which I also use for cookies & granola bars) I chop up pumpkin seeds, sunflower seeds, flax seeds & add sesame seeds.**
- **Mix our Evaporated Cane Juice Sugar & Molasses together for your own brown sugar, the ABSOLUTE BEST you have ever tasted. Run 1 C at a time in blender for powdered sugar.**
- **Beans, veggies, coconut aminos & broth mixes for soups & stews.**

This is an investment in REAL, WHOLE ingredients, that truly feeds & nourishes the body. This are NOT the SAD diet, Standard American Diet that leads to obesity & a myriad of health problems. Our foods are an investment for LIFE! We make most of our own convenience foods & basically purchase dairy & produce from the grocery.

**Again, this is what we love to eat.
 Feel free to customize this list to you family's taste buds.**

BOSCH & L'CHEF PRODUCTS			
Item	Price	Quantity Or Circle your Choice	Total
Nutrimill Harvest - Old fashioned Stone milling in stylish bamboo housing. Pick your accent color! Gluten free Kit (stone replacements) dual purpose mill!	279 NEW 45	Rose gold, black, red, white, silver, gold	
Bosch Plus Universal, Dough Hook, Wire Whips — 800 watts, 4 speeds, automatic. Transmission, makes 6 Loaves & A base for ALL THESE ATTACHMENTS: DOUGH HOOK EXTENDER	389		
ICE CREAM MAKER fits UNIVERSAL PLUS, not the older models	49		
SPIRALIZER with 3 blades - fill your Bosch bowl with home made veggies noodles. NEW	50		
VACUUM 4 C BLENDER - preserves nutrients, easy clean	60		
Bosch Slicer/Shredder — 10 cup bowl with grating, slicing, & French fry stainless steel blades Whisk Whip for light mixtures ~ New Dough Hook NEW Oversize Slicer/Shredder sits on Bosch Bowl. with Slicing & Grating Blades. Add ons~ French Fry &/or Julienne Blades. Blades Are interchangeable in either model S / S	125 15 75 20 30	Slicer Shredder Dough Hook Oversize S / S French Fry Julienne	
Bosch Meat Grinder — heavy-duty work horse L'Chef Meat Grinder ` coarse/fine disk, stuffer, light weight	149 79	Grinder NEW	
Cookie Paddles for Bosch with metal whip drive Bowl Scraper cleans the bowl attaches to whip drive Replacement Cookie paddles no metal drive Replacement Wire Whips	35 32 25 15	Cookie w/ drive Bowl Scraper Cookie no drive Wire Whips	
Flour Sifter - Super fine Flour or powdered sugar for Universal Plus or older Universal Model	90	Universal Plus Older Univ	
Bosch Food Processor — 5 cup bowl fits on blender mount for slicing, grating & 'S' blade Citrus Juicer - sits on Bowl motor mount	105 30	Fd Proc Juicer	
Bosch Blender — 6 C workhorse, a MUST	.75		
PASTA ROLLER SET ~ 3 roller attach directly to Bosch Wide-lasagna, angel hair, fettuccini Pasta Maker attaches to original Meat Grinder - 10 shapes	175 189		
Coffee / Seed / Herb Mill - flax, sunflower, sesame, grains	25		
L'EQUIP Dehydrator Filter Pro w/ digital timer & temp settings Extra Fruit Leather Trays set of 10 Set of 2 Extra Trays	125 12 25		
Roller Flaker / Family Mill Direct fit to Bosch Hand Base to manually mill or roll grains Adapter for Bosch	125 each item 35		
RED PERSONALIZED BLENDER with 2 Smoothie Jars and bonus Seed Jar ~ blades also fit canning jar! NEW	45		

Packages ~ Select one of these OR make up your own...Equip your Kitchen with THE best!	Unit Price	Total Cost
Universal Plus, Harvest Stone Mill DELUXE PKG~ Blender, Dough Hook, Wire Whips, Cookie Paddles, Slicer/Shredder, Roller Flaker, Hook Extender, and Bowl Scraper \$1060 Value	\$999 Or \$250 4 paymts	
Artiste Mixer, Harvest Stone Mill, Dough Hook, Wire Whips, Cookie Paddles, Bowl Scraper, Meat Grinder Citrus Juicer, Slicer/Shredder, \$829 Value	\$759 Or \$190 4 paymts	
Bread Making Starter Kit - Supplies for 20 loaves of Bread + 2 Regular Loaf Pans, Vegalene, SAF, 1# D Enh 10# Prairie Gold, 5# Spelt, 5# Kamut, Thermometer Bread Bags, Salt, Whole Grains DVD \$117.50 Value	99	
Nutrimill Classic Package ~ Mill., Bagger, \$234 Value	219	
Soaking & Dehydrating Package ~ Filter Pro, 4 gal Jars Mesh Colander, Big Mouth Slicer/Dicer, 10 Fruit Leather Trays \$227 Value	209	
Deluxe Pkg + Soaking & Dehydrating Pkg ~ purchase both & get the Bread Starter Kit for \$50 \$1404.50 Value \$999 + \$219 + \$50 = \$1268	1268 Or \$317 4 paymts	

Please return this form by
Monday, April 8th ~ Rec' 7% savings for Credit Card sales or 10% savings when using cash or check, on the consumables.

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We accept cash, credit card or check

Page 1	1581.00
Page 2 & 3	804.50
Consumable Subtotal	=2385.50
Subtract Savings	-238.50
Consumable Total	=2147.00
Total non Consumables	+17
Bosch & L'Chef	+
Final Total	=2164.00

Name:	
Address:	
City:	
Zip:	Phone:
Email:	